

# Assertiveness training offered at UNB

If you're uncomfortable saying "no" when friends ask for favours, telling your partner what you need, negotiating with professors, dealing with family who persistently try to take charge of your life, or starting social conversations, then you may be interested in the Assertiveness Training Group offered by Counselling Services.

Assertiveness is the ability to express one's preferences, opinions, thoughts, and feelings in direct, honest and appropriate ways. It also means standing up for your own rights without violating the rights of others. When someone asks you out and you don't want to go, being assertive means saying "no" without making up excuses.

When your room-mate wants to socialize and you want to study, being assertive means negotiating a solution that takes into consideration what you both want. When you're angry at your partner, being assertive means telling your partner that.

The workshop involves brief lectures, demonstration of various assertive skills, and practice where participants learn "by doing" in role-played situations. Participants also receive constructive feedback so they can gradually change their behavior. The importance of non-verbal communication is also emphasized early in the workshop. You may want to tell a friend that you need to study instead of continue talking, but

the verbal message can get diluted by an overly soft voice, frequent pauses, or lack of eye contact.

Participants also learn what stops them from being more assertive. They learn to identify and explore the thoughts and feelings that make it difficult to respond assertively in specific situations. Sometimes being afraid of hurting a friend's

feelings or losing a friendship can make it difficult to be assertive. But not talking directly to a friend can also hurt the relationship because, as resentments build, they can get expressed indirectly as sarcasm.

This term Counselling Services will be offering two groups starting October 1, 1992. One group will meet Tuesday afternoons from 3:00 - 5:00 pm

and the other group will meet Thursday evenings from 7:00 - 9:00 pm. Each group will run for seven (7) weekly sessions and free and open to any interested full-time or part-time student of UNB/STU. Interested persons will need to have a preliminary interview prior to attending. For more information or to register, contact Counselling Services at 453-4820.

## Dean of Grad Studies ... continued from page 3

record in scholarly journals both in Canada and internationally. She has also served on many committees at the Fredericton campus and the President's Advisory Committee on the Status of Women. A member of several professional organizations, Dr. Stoppard has served in executive positions and on influential committees for such groups as the College of Psychologists of New Brunswick, the N.B. Division of the Canadian Mental Health Association and the Canadian Psychological Association.

The Question of funding support for graduate students tops a long list of concerns that will occupy Dean Stoppard's energies for the next five years. "We have some funding now, provided by the university, and in the area of science and applied science, faculties are now using some of the operating funds from their research grants to support graduate studies through research assistantships and the like. This is a helpful and

legitimate use of those funds, but one we'd like to be less dependent upon, so we're always looking for alternatives," the dean explained. "For example, we'd love to have an endowment fund to help finance well qualified graduate students."

UNB has one of the largest graduate schools in the Atlantic region, with more than 1200 students enrolled in programs on the Saint John and Fredericton campuses at the master's and doctoral levels in a broad selection of disciplines. Nonetheless, Dean Stoppard sees many opportunities for growth and development. "A master's program in nursing has been approved and will be implemented when the funding and other arrangements are established. We're also examining the idea of interdisciplinary graduate programs that combine resources already in place. Environmental studies might be one such possibility. We already have some joint programs involving

two disciplines, and we'd like to expand that by establishing a mechanism that would permit us to combine existing resources in three or more disciplines to increase the options available to graduate students."

As the first woman to serve as dean of graduate studies at UNB, Dr. Stoppard is also interested in addressing the question of women's access to graduate programs, especially at the doctoral level. "We've made a lot of progress in the last decade, so that many of the barriers may now be more perceived than real, but it's important to change those perceptions where they're wrong," the dean asserted. "Many women may not realize that almost all of our graduate programs can be taken on a part-time basis, and there are other provisions to accommodate particular needs in women's lives, such as having children. The granting councils that provide funds now recognize these needs, and so does UNB."

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## UNB's Writing and Math Centre

NEED HELP? Worried about how you will make the transition to university? About the number of study hours that are appropriate for your Faculty? UNB's **Writing and Math Centre** consists of the following two Programs that help students develop and improve academic skills.

### Writing and Study Skills Program

**One-on-one Tutoring:** Free tutoring is available to all UNB students during both Fall and Winter Terms. The Program's tutors have expertise in all writing and study skill areas, including essay, report and thesis writing, reading, time management, and exam study. To make an appointment with a tutor, please call 453-4646.

**Workshops:** A number of low-cost workshops are offered during both terms that address a wide range of academic issues. Pre-registration for these, at the Department of Extension and Summer Session, is required. The following workshops are scheduled for Fall Term 1992:

Note-Taking and Study Strategies	19 Sept. 92	9:30am-12:30pm	\$7.
Time Management for Students	26 Sept. 92	9:30am-12:30pm	\$7.
An Introduction to Problem Solving	03 Oct. 92	9:30am-12:30pm	\$7.
Seminars and Oral Presentations	05 Oct. 92	6:00pm-9:00pm	\$7.
Reading 1: Rapid Reading Strategies	17 Oct. 92	9:30am-12:30pm	\$7.
Reading 2: Effective Use of Textbooks	24 Oct. 92	9:30am-12:30pm	\$7.
Essay Writing: From A to Z	31 Oct. 92	9:30am-4:30pm	\$14.
An Introduction to Library Research	07 Nov. 92	10:00am-1:00pm	\$7.
Improving Examination Skills	14 Nov. 92	9:30am-2:30pm	\$14.

### Math Help Program

**One-on-One Tutoring:** New for 92, free math tutoring is available to all students taking first-year math courses at UNB. The Program's tutors can help with everything from basic math to calculus. To make an appointment with a tutor, please call 453-4646.

To find out more about the Writing and Math Centre and how it can help you, please call the Department of Extension and Summer Session at 453-4646. Our tutors and workshop leaders are committed, above all else, to helping you become a more successful and productive student.



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